



Ideas/ articles for the newsletter?

Please contact Carolyn Freshour, 286-3978,

usmgirl@gmail.com

Address or Email Changes?

Please contact Deborah Douglas

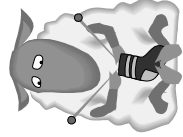
deborah2001@gmail.com

WE'RE ON THE WEB!

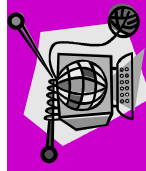
WWW.SCKNITTINGGUILD.COM

<http://group/scknittingguild.com>

NEWS EWES CAN USE!



Knitting On the Web



Looking for cute, new patterns or gifts? Check out some of these sites next time you need a project for kids or even a special item for yourself:

Knitch Magazine, www.knitchmagazine.com, is an online magazine for knitters and crocheters which features articles, Purls of Wisdom, free patterns, reviews of books and yarns, and much more.

May, 2009

Volume 19, Issue 5



Address Service Requested

SOUTH CAROLINA KNITTING GUILD

EWES' NEWS

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Upcoming Events:

- Guild Meeting, McAlister Square, May 11, 6:45 pm
- WWKIP Day, June 13

President's Place

Many thanks to Terry Gentry for presenting the program in April. I hope to see many completed scarves at the May meeting! Terry thank you for sharing your skills with us.

As I reported at our last meeting, your board has ordered a set of Lucy Neatby DVDs. The topics include many techniques from beginner to advanced knitting. These DVDs will be in our library and you must see Terri Geck in order to check them out. Please return the DVDs at the next month's meeting so others can take advantage of them.

We also have ordered 36 more project bags like the ones we gave at the KnitInn. They will be on sale at the May meeting for \$2.50 each. You can buy these before or after the meeting as the supply lasts. Please have correct change, or make your check payable to SC Knitting Guild.

Nancy Groff

May Meeting

Robin will be teaching us how to do loom knitting. If you don't already have a loom and want to be able to continue loom knitting at home, use a sale coupon and pick up one of the round plastic looms at AC Moore, Michael's or Hobby Lobby. (size of loom determines if hat is for infant, child or adult).

Robin will be showing us a 30 min hat and will have yarn available. However, if you have something you want to use, please bring it.. We will have some extra looms available but if you have your own it will allow everyone to actually make a hat. If you have more than one loom, please bring some to share.

June Program

We will have a "Make and Take" program for June. Michele will be helping us make bead markers. Try to round up as many pair of needle nose pliers as you can, jewelry ones or regular, so everyone will have a pair to use. All other supplies will be provided by the guild.

Welcome!

A special welcome to new members:

- Linda Howe
- 103 Hollingsworth Drive
- Easley, SC 29640
- 864-850-3570
- 864-906-7627
- lhowe@clmson.edu

- Pat Tuleibitz
- 212 Quail Ridge Drive
- Simpsonville, SC 29680
- 864-963-9119
- 864-420-2747
- patuleib@yahoo.com

We were happy to have as visitors:

- Elisa Willis
- Gayle Woodson, Texas
- Norma Bergamesca, Ohio



YOUR ATTENTION, PLEASE

This is a subject I was hoping I would not have to address again, but after our April meeting, there were several complaints.

When someone is conducting the Guild meeting, giving a committee report, or presenting a program, please refrain from carrying on private conversations. These members deserve your attention and respect.

All programs may not be relevant to everyone, but when you chat, you are preventing those around you from enjoying and benefiting from the information being given. I have found that I always learn something new - even from a topic I thought was of no interest to me. We certainly do not expect silence, but everyone should have the opportunity to enjoy the programs that we have worked hard to present.

Please be courteous.

Thank you.

Nancy Groff

FLAK – Follow the Leader Aran Knit along

There are no specific sizes. We will be swatching, taking measurements and knitting to your size.

The cost is \$10. We will hand out the first installment of the instructions at the July meeting to everyone who has signed up by then. The first part will cover yarn info, how to measure yourself and how to do your basic swatch. We won't actually start knitting until after we get the second installment at the August meeting.

You do not have to have all of your yarn until after the August meeting, but you might want to be thinking about appropriate yarns. Your gauge will be measured over your filler stitch (moss, seed, trinity or any other small repeat textured stitch) and needs to be 5.5 sts/inch *after* washing! Most smooth WW or DK yarn will work (medium #4). If the gauge in stockinette is 5 st/inch then you should be able to get 5.5 in moss with the same size or slightly smaller needle. If your gauge is 4.5 st/inch you will have to use smaller needles to get 5.5 in moss, so keep that in mind when choosing your yarn. Do you want to knit on a size 3 or 4? If the gauge on the ball band is 5.5 then you may have to use a larger needle than on the ball band to get gauge – will you like the looseness?

If you see something you like, buy a skein and do a gauge swatch in a filler stitch. Do some cables and see if the cables show up well and hold their shape, see if you like knitting with the yarn and if you like the way the fabric looks.

You can use a basic wool like Elann Peruvian Highland, KnitPicks Wool of the Andes, Lion Brand wool, Patons Classic wool or any blend or summer weight yarn. 100% cotton will make a very heavy sweater, but it can be used. Since it will be knit tightly and with cables some of the stretch that occurs with 100% cotton will be controlled. Red Heart TLC Cotton Plus is a great aran sweater yarn. Brown Sheep Cotton Fleece will work as will many other blends.

You will need approximately the following yardage – it is always best to buy extra:

38" – 1600 yards
42" – 1900 yards
46" – 2200 yards
50" – 2500 yards

So, for every 4" added in width, count on needing around 300 more yards. These are just estimates so if you are unsure of sizing it is best to buy extra.



Good To Know

Worldwide Knit in Public Day was started in 2005 by Danielle Landes as a way for knitters to come together and enjoy each other's company.

It's a specific day to get out of your house and go to a local event (with your knitting in tow) just for you and people like you. Each local event is put together by a volunteer or a group of volunteers.

WWKIP Day is really about showing the general public that knitting can be a community activity in a very distinct way. WWKIP Day takes place on the second Saturday of June each year.

The Guild's own Deborah Douglas participated last year. For more information, talk with her or go to www.wwkipday.com.



Knitting in the News: New Study by Mayo Clinic Proves Health Benefits of Knitting

A just released study from the highly regarded Mayo Clinic explores knitting and was featured on a recent broadcast of the popular CBS morning news show *The Early Show*. According to Dr. Yonas Geda, a neuroscientist at the Mayo Clinic, memory loss in older patients can decrease 30% to 50% in those who had spent their earlier years engaging their minds and bodies in such activities as knitting.

In addition, the study showed evidence that knitting helps patients manage stress, pain and depression more effectively and also improve their immune systems. Another researcher, Robert Reiner of Behavior Associates, who was interviewed for the CBS show noted that various physiological improvements have been documented in his patients who enjoy such activities as knitting, especially drops in blood pressure in those suffering from hypertension.

To view the entire CBS airing of the feature on *The Early Show*, check out the [April 6, 2009](#) posting on our Yarnmarket blog, Shear Bagatelle.

Charity Corner

Carol & Robin Paul

We received over the past month from Guild Members:

- 6 lap robes
- 2 shawls
- 8 washcloths
- 1 adult hat
- 3 kid's hats
- 7 preemie hats
- 5 kid's blankets
- 1 baby blanket
- 1 toy
- 2 fetal demise pouches

Happy Knitting!

Christmas is Coming!

Every other year, the SC Knitting Guild has decorated a tree at the annual Festival of Trees at the Hyatt in Greenville, and 2009 is the 'other' year. If we want to continue this service project, we need to begin making plans. We must have one or two members who will chair the committee. Volunteers also are needed to knit items, coordinate our donations, decorate/undecorate the tree, and distribute the items after the event closes. The tree must be decorated between November 20-24, and the opening of the festival is the day after Thanksgiving. Your board discussed decorating the tree with items for babies/children this year. Who will chair this project? Will you?



TREASURER'S REPORT

Item	Deposit	Debit	Balance
March Balance Forward			5,125.65
Deposit dues & FLAK	120.00		
Expenses		115.06	
April Ending Balance			5,140.59